[INSERT YOUR ORGANIZATION
CONTACT INFORMATION HERE]

[INSERT DATE HERE]

**[INSERT YOUR ORGANIZATION HERE] is raising awareness of the health dangers of sugary drinks.**

The average American, including children, consumes 34 pounds of added sugar per year just from sugary drinks. That’s why [INSERT YOUR ORGANIZATION HERE] is proud to support Rethink Your Drink MI, an initiative of the American Heart Association and the Delta Dental Foundation. We will be using our social media channels to help educate the state on the dangers of sugary drinks, which have been linked to a higher risk of heart disease, hypertension, type 2 diabetes, obesity, tooth decay, and more.

[INSERT YOUR ORGANIZATION HERE] is committed to promoting better health in Michigan, and we believe sugary drinks pose a health risk which is often underestimated or overlooked. For instance:

* An American Heart Association study showed that people who drink
24 ounces or more of sugary beverages each day had twice the risk of death from coronary heart disease than those who drank less than 1 ounce.
* A 20-ounce soda or juice/fruit drink contains 15-18 sugar packets and is equal to 3 candy bars. Drinking soda nearly doubles the risk of cavities in kids.
* Children drink twice the amount of sports drinks, chocolate milk and fruit juice drinks as their parents. All contain large amounts of sugar (an average sports drink contains 8 teaspoons of sugar).

To learn more about the health risks of sugary drinks and how you can avoid them, follow [INSERT YOUR ORGANIZATION HERE] on [INSERT SOCIAL MEDIA CHANNEL(S) HERE], and visit RethinkYourDrinkMI.org.